

SO LONG AS HE CAN DIGEST AND ASSIMILATE FOOD,

All physicians admit this. Yet her

Cough mixtures must be avoided because they frequently contain opiates which arrest the digestion. Their only effect on the cough is by stupefying the nerves of the throat alone.

All foods that are hard to digest must be avoided, especially fats and oils. Only those foods that are easily digested and assimilated should be eaten. Food not thus accepted by nature does no good and may do harm. Not what is merely eaten, but what is digested and assimilated gives flesh and strength.

Stop the wasting and you master the disease.—even though it may have some slight inroads already. Increase the flesh and the danger is past.

What is breded is an especially-prepared food.—a nutriment to itself and a digestor of other foods.

Such an article is the Shaker Digestive Cordial, made by the Shaker community.

F L O R I D A

ATLANTA AIR.
LYDE LINE BEST and CHEAPEST
 ROUTE including a ex
 pressed call agents for Europe and Fine
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REDUCTION IN PRICE,
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RAILROADS.

MAINE CENTRAL RAILROAD

ARRANGEMENT OF TRAINS
In Effect Nov. 3, 1895.
Until further notice, trains will leave Chicago as follows:

GOING EAST.
10 A. M.—For St. Stephen, Aroostook, Cal. St. John, and all points East of Bangor, Maine and the Provinces, with Pullman car for Calais.
4 A. M.—For Oldtown and all points East of Bangor.
7 A. M.—For Oldtown and Milford.
9:45 P. M.—Mixed for Bangor, Calais.
2 P. M.—For Oldtown, Lincoln, Matta Wadell, and B. & A. R. to Greenville.

3.30 P.M.—Night train for all points east of
St. Paul, Minn., and for Houlton, Washburn,
Heron, St. John and Hallowell. Sleeper to
St. John.

GOING WEST.

1.15 A.M.—For all points West, connecting
westward for Dorset and Foxcroft, and Moose-
head Lake, Burnham for Belfast, at Waterville,
and for Waterville, Windthrop, Lewiston, Farmington,
Shipps and Bangor, at Portland, and for Montpelier,
Rutland and Chicago.

3.30 M.—Mixed, for Waterville and wa-
sons, connecting at Burnham for Belfast.

5.00 P.M.—Going Lake, with through fare
to Burnham, for Waterville, Foxcroft, Bangor,
Dorset and Foxcroft, Moosehead Lake, Be-
llevue, Waterville, Augusta, Portland and Bangor.

3.30 P.M.—For Dorset and Foxcroft and

10:30 P.M.—Every Night for Portland and
 on via Augusta, connecting for Lewiston
 and Rockland, Pullman sleeping cars at-
 tached for Portland and Boston.
 11:20 P.M.—Express for Portland and
 Pullman sleeping car attached for Port-
 land and Boston.

BUCKSPORT BRANCH.

Leaves Bangor for Bucksport at 7:30 A.M.
 and 7:00 P.M. Arrive at Bucksport 8:30 A.M.
 and 8:30 P.M. Leave Bucksport for Bangor
 8:50 and 10:00 A.M. and 4:25 P.M. Arrive
 at Bangor 9:50 and 11:30 A.M. and 5:30 P.M.

MT. DESSET BRANCH.

Leaves Bangor for Ellsworth and
 at 8:30 and 11:30 A.M. and 5:30 P.M.
 Leave Ellsworth 9:10 and 2:20 A.M. and


SUNDAY TRAINS.
5 A. M.—For Waterville, Augusta, Portland and Boston.
10 P. M.—For Portland and Boston via A. & P., connecting for Rockland, Bath and Lewiston. Pullman sleeping car attached.

ARRIVALS.
 Through trains from the East arrive at 6.30 A. M. (Yankee), and 11.10 P. M. From Boston, 7.45 A. M., 12.10 P. M., 4.30 P. M., and 10.15 P. M.; from Portland, 8.15 A. M., 1.45 P. M., 4.45 P. M., and 10.45 P. M.; from Middletown, 9.15 A. M., 1.45 P. M., 4.45 P. M., and 10.45 P. M.; from Waterville, 11.05 A. M.

6:30 A.M. (daily), and 4:30 and 5:30 P.M., and
Portland, 11:35 A.M. From Waterville, and
and Foxcroft via Dexter, 9:15; and
Sunday, from Boston and Portland, 9:30
Sunday Paper train, 11:35 A.M.
Time of arrival and departure here
is that at Maine Central Depot; for E
Street depot a slight difference should be
made.
ough tickets to all principal points. Ex
all routes are on sale at the Maine Central
Office. For Pullman Berths or Informa
call on or telephone A. W. Benson, Ticket
Agent.

PAYSON TUCKER,
Vice President and General Manager.
BOOTHBY,
General Passenger and Ticket Agent.
4, 1938. d.w.

Bangor & Aroostook R.R.



Pullman Buffet Parlor Car
between Houlton and Bangor
on trains leaving Houlton
at 8.40 A. M. and Bangor
at 5.03 P. M.

**IN EFFECT MONDAY,
OCT. 7, 1895.**

For further notice trains will leave Bangor
at 7.00 A. M. - For more particulars at Bangor at 7.00 A. M.

O. Milo 8:48 A.M., Browerville 9:38 A.M.,
 Union City 10:40 A.M., Norcross 11:55 A.M.,
 Jan. 10:35 A.M., Inland Falls 11:25 A.M., Houli-
 ton 12:00 P.M., Presque Isle 12:05 P.M., Cariboo
 C. 12:45 A.M., Fort Fairfield 1:25 P.M., Dover 2:30 A.M.,
 Dyer 3:45 A.M., Monson Junction 10:05 A.M.,
 Cariboo 11:05 A.M.
 Arriving at Lagrange
 D. 6:55 P.M., Guilford 7:00 P.M.,
 Jan. 7:18 P.M., Greenville 8:20 P.M.
 P.M. - For and arriving at Brownville
 M. 8:00 P.M., Norcross 7:45 P.M., Shestama 8:20 P.M.,
 P.M. 8:11 P.M., Boston 10:40 P.M.

ARRIVALS.
 O. A.M. - Leaving Cariboo 6:05 A.M.,
 Jan. 7:00 A.M., Guilford 7:30
 7:45 A.M., Brownville 7:45 A.M., Milo 8:00
 Lagrange 8:20 A.M.
 P.M. - Leaving Cariboo 6:35 A.M., Presque

12:30 P.M. - Fairs 3:45 P.M., Sherman 4:35
 P.M. - Lawrence 10:51 A.M., Kalamazoo Wrote
 Mr. Brownline 11:40 A.M.
 2 P.M. - Leaving Greenville 3:25 P.M. - Mon-
 roeville 3:35 P.M., Gullford 3:45 P.M., Dooey
 A., Carbon 11:03 A.M., Presque Isle 11:35
 P.M. - Fairs 11:51 A.M., Houshon 1:59 P.M.,
 Fairs 3:45 P.M., Sherman 4:30 P.M., Nor-
 an 4:35 P.M., Brownline 4:40 P.M., Mills 4:52
 A.M. - 5:17 P.M.
 GEO. M. HOUGHTON,
 Gen'l. Pass & Ticket Agent.
 F. W. CRANE, Secy. Travel & Tourist Agt.
 For Mo., Oct. 5, 1890.

"INTER SCHEDULE"
 OF THE

RAIL-RO
IN EFFECT NOV. 30.

car leaves Bangor at 5:30 A. M. and every
hour up to 9 P. M. (then 10 P. M.). Last car
may leave Bangor at 1 A. M. and every half
hour up to 3 A. M. Bangor at 10 P. M.
car leaves Oakes at 4:30 A. M.; next
car leaves Oakes half hour to 10 P. M.;
last car leaves Oakes at 11 P. M.
First car leaves Oakes at 2:15 A. M.
every half hour; last car leaves at 10:15 P. M.
I. I. MELOVE,
Superintendent.

Images available at **Newsday**

